

ERGOMANIA 2010



Saturday, January 30th
Hosted by the Pocock Rowing Center and Seattle University Crew

- Event Location:** - Seattle University's The Archbishop Connolly Center, 550 14th Ave, Seattle, Washington 98122
- **Parking is available** at the Connolly Center parking lot located at 14th Avenue and Jefferson Street. On-street parking also available.
- Entries:** - Register online at RegattaCentral.com. You may also mail or fax entry and waiver.
- All entries must be received by 12 noon Friday, January 29th, 2010. NO LATE ENTRIES WILL BE ACCEPTED THIS YEAR.
- Entry fees are not refundable for scratches received after Friday, January 29th at noon.
- Waivers:** - A signed waiver of liability is required for all competitors. Competitors under 18 years of age must have a parent or guardian's signature. The waiver is included on page 6 of this race packet.
- Please fax your waiver to Pocock Rowing Center (206) 328-4239 or bring with you on race day.
- Entry Fees:** - \$20 per individual event.
- \$40 per team (\$10 per person) for the Team Challenge event.
- Coxswain's Dash: \$10
- Late Fees:** - A late fee of \$5 per athlete per individual event will be charged for entries received after midnight on Saturday, January 23rd, 2010.
- Age Restrictions:** - Age is as of race day. Exception: Qualification for the CRASH-B travel award in the Junior category is limited to athletes born on or after January 1, 1992, who are not part of a collegiate program.
- Junior events are limited to athletes aged 14 through 18. No one under 14 years of age may participate in Ergomania. Athletes younger than age 19 who are part of a collegiate program must participate in the Collegiate-U23 category. Collegiate athletes aged 23 or older must

participate in the Open event.

**Weight
Categories:**

-Rowers: Men, 165 lbs or less; Women, 135 lbs or less.
-Coxswains: Men, 130 lbs or less; Women, 120 lbs or less.

Finals:

- ERGOMANIA is run as finals-only in all singles events; you will race only once per event entered. In categories with many participants, athletes will be seeded, based upon erg scores submitted on the entry form, so that each rower will compete against other rowers of comparable results. However, the best time will win each event, regardless of what heat the athlete rows in.

- The team events will be run as heats. The winner of each heat will compete against the winner(s) of the other heat(s) for the top prize.

Awards:

-Medals will be awarded to the top finisher of each division; ribbons awarded to second and third place finishers of each division.

**Qualification for
C.R.A.S.H. -B.
Sprints travel
award:**

- As an official satellite regatta of the C.R.A.S.H.-B.s, Concept2 will award up to 4 ERGOMANIA competitors with airfare to Boston to compete at the C.R.A.S.H.-B. Sprints Sunday, February 14, 2010. The selected athletes must meet the qualifying time standard for their event:
http://www.concept2.com/us/racing/crashb/crashb_qual.asp

- In the event that more than 4 competitors meet the time standard for their event, the race director reserves the right to select those receiving the travel award. Selection will be based upon the percentage by which the athlete has surpassed the time standard.

Masters Events:

- In the 2000 meter events, prizes will be awarded to masters athletes in 10-year age categories based on raw, unhandicapped scores.

- Prizes will be awarded in both the open weight and lightweight divisions for each age category. Although several age and weight categories may race at the same time, this will not affect the awarding of prizes.

- In the 1000 meter events, all master's events will be handicapped according to the USRA handicap. Prizes will be awarded to the top master's performance for each weight class.

**Lightweight and
Coxswain Events:**

- If you enter the lightweight division of an event, you will be eligible to win a prize only as a lightweight. Lightweights may race in heats with open weight rowers. This will not affect the awarding of prizes.

- **Lightweights and Coxswains must weigh-in on race day.** Please weigh in at least 30 minutes prior to your event (Racers in the One Hour event may weigh in at any time between 7:30 am and 7:50 am).

-The weigh-in station will be open between 7:30 am and 1:15 pm. Any competitor failing to weigh in or make weight may race in his/her originally seeded time slot, but the score will count in the OPEN division of that event.

Adaptive Events:

- In each of the singles events, medals will be awarded to the top score in

each of the three recognized FISA categories: LTA (legs, trunk and arms), TA (trunk and arms), and A (arms only).

- Adaptive athletes racing in the 2k event may compete at the same time as non-adaptive athletes; this will not affect the awarding of prizes.

**Team Challenge
Event:**

- The team event will be handicapped according to the age and gender of each athlete. The handicap formula will be based on results obtained from the past 3 Ergomania competitions. Each team may thus be composed of any combination of male, female, masters, or junior athletes.

- The team handicap will be assessed at the start; teams with the longest time handicap will start after teams with shorter time handicaps.

LIST OF EVENTS

DISTANCE EVENTS	EVENT NUMBERS		
	OPENWT	LIGHTWT	ADAPTIVE
Open Men 1 hour	1	2	
Open Women 1 hour	3	4	
Open Men 30 min	5	6	
Open Women 30 min	7	8	
2000 METER EVENTS (all 1x)			
Masters Women 80+	9	10	
Masters Women 70-79	11	12	
Masters Women 60-69	13	14	
Masters Women 50-59	15	16	
Masters Women 40-49	17	18	
Masters Women 30-39	19	20	
Masters Men 80+	21	22	
Masters Men 70-79	23	24	
Masters Men 60-69	25	26	
Masters Men 50-59	27	28	
Masters Men 40-49	29	30	
Masters Men 30-39	31	32	
Junior Boys 14-18	33	34	
Junior Girls 14-18	35	36	
Collegiate-U23 Women 19-22	37	38	
Collegiate-U23 Men 19-22	39	40	
Open Men	41	42	43
Open Women	44	45	46
TEAM EVENTS			
CO-ED TEAM CHALLENGE CUP (four-person)	47		
1000 METER AND SHORTER EVENTS			
Men's Adaptive 1X (all ages & categories)			48
Women's Adaptive 1X (all ages & categories)			49
Masters Women 1x (handicapped)	50	51	
Junior Girls 1x	52	53	
Open Women 1x	54	55	
Masters Men 1x (handicapped)	56	57	
Junior Boys 1x	58	59	
Open Men 1x	60	61	
Men's Coxswains Dash (500m; all ages)		62	
Women's Coxswains Dash (500m; all ages)		63	

NOTES: Races may not be contested in this order. Please refer to the schedule posted at nwegomania.com.

PLEASE NOTE: All competitors must submit a signed waiver form prior to racing. All minors (under 18 as of race day) must submit a signed waiver form from a parent or guardian.

ERGOMANIA WAIVER of LIABILITY

IN CONSIDERATION of being given the opportunity to participate in the NW Regional Indoor Rowing Championship, ERGOMANIA 2009, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. FULLY UNDERSTAND that: (a.); ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees names below; (c.); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a participant of Ergomania and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue Seattle University, Concept2, the George Pocock Rowing Foundation, Pocock Rowing Center, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operation; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed name of Participant: _____ **Phone:** _____

Address: _____

Signature (only if age 18 or over): _____ **Date:** _____

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

Printed name of Parent/Guardian: _____ **Phone:** _____

Address: _____

Parent/Guardian Signature _____ **Date:** _____
(only if participant is under the age of 18)